

GIVE EVERYTHING YOU'VE GOT TO EVERYTHING YOU DO!

I regularly joke about the fact that as a young and dumb personal trainer I used to think getting results was all about training hard. I thought that if my clients could walk after a session I had let them down and if they vomitted I thought it was there way of saying 'thank you'! Well this morning I had an experience that brought back some unpleasant memories but also reminded me of a valuable lesson.



I still do a small amount of personal training - most of the time smarter than the way I used to ... until this morning that is! I had a session with one of my clients who bought his 11 year old daughter to train with us. He had briefed me about her and lead me to believe that she was really fit. He told me she ran in the cross country at school, swam a couple of times per week and also played basketball.



The session started well and she handled the sand running, steps and squats without complaint. So we moved to my favorite stairs where we did a circuit of stairs, ramp running and low step ups. We each did a different activity and as I left for the ramp runs my clients daughter started on the stairs. I got back to the stairs to find her vomitting into the bushes. 'Oh, no I've done it again!!' I thought. She was leaning over the railing and with great gusto feeding the wildlife! After about a minute of so she stood up looking a bit pale, wiped her mouth with a tissue her dad had got her from the car and was ready to go again!

It is all about the attitude

I asked her if she wanted to sit out the next circuit or even the rest of the session, but she just looked at me like I was a bit silly and said, 'no, I'm okay, let's go!' We finished the session and she was fine and I was just reminded of an incredible lesson from an 11 year old. She really gave me a good kick in the attitude and I thought to myself this a girl that is going somewhere in her life.

Give everything you have to everything you do

You will be happy to know that I am not suggesting that you need to exercise until you vomit! In fact I felt really bad there for a short time, until I saw her amazing attitude. When she started the training session she gave it her all. She didn't save herself or go half effort, she didn't complain because she didn't like it or because it was uncomfortable and after she had vomitted she simply wiped her mouth and said, I'm fine, let's go'.

It is this attitude that will ensure that she gets the most out of her life because she will leave nothing to chance. I see it happen day after day and I have even been a victim of this attitude myself of not giving everything I have to everything I am doing. Whether it is my health, my work, my relationship or even washing the dishes I have learned that if we give everything we have to everything we do we will get back abundance. What an incredible lesson.

Do what most people wouldn't do

If you give all to your health regime you will get back and abundance of energy, wellbeing and longevity. If you give it all to your relationships, you will get back love, loyalty and friendship in abundance. When you give it all to your career or business you will get back fulfilment, satisfaction and financial abundance. It is so worth overcoming the discomfort and choosing this amazing attitude that was exhibited by an 11 year old!

If we can decide to live this attitude then we will put ourselves amongst the minority of people that will live a life that most people would dream of. Everyday I read and attempt to live with this statement in my head; *'I will do today what others won't so I can live tomorrow like other can't'*. We all can, but only some will.

Stand out from the rest

It took an 11 year old to make me aware of something that I already knew, but I needed reminding of again.

Sometimes wisdom comes from the places that we least expect but they are just as profound nevertheless. Today we have an opportunity to stand out from the pack and do what the majority of people won't do and that is to give everything you have got to every single endeavor we undertake.



Photo courtesy of 'Splash of Life' Photography

Let's get out there and live our life to the fullest, enjoy the journey and be able to say at the end of our life that we wore out and didn't rust out!